



## Juicing Without a Juicer: Great Juice Recipes for Weight Loss, Cleansing, Detoxing and Awesome Energy (Juicing Recipes for Weight Loss, Juicing for Life, Juicing Bible, Juicing for Weight Loss) (Paperback)

By Hanna Ferguson

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you ever wanted to start juicing but weren't willing to splash out a hundreds of dollars on a juicer? In Juicing Without A Juicer: Great Juice Recipes For Weight Loss, Cleansing, Detoxing And Awesome Energy you will learn how to start juicing with appliances found in all kitchens. Whether you're looking for weight loss, weight control or just more energy through out the day this book is for you. Many of us simply don't get enough vitamins and nutrients in our daily diets, and chowing down on pounds of different fruits and vegetables leaves us stuffed and lethargic. With the recipes and principles learned in this book you can have sustained energy every day.



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